

ABSTRACT

A cold pack that includes an enclosure having a powdered solute and a liquid sealed inside the enclosure. The powdered solute and the liquid are segregated within the enclosure by a membrane. Rupturing the membrane mixes 5 the liquid with the powdered solute to produce an endothermic solution within the enclosure. Substantially all of the powdered solute rapidly dissolves within the liquid such that the cold pack quickly reaches its cooling temperature. In another aspect, the cold pack includes an absorbent core within the enclosure. The absorbent core retains the endothermic solution such that the absorbent core 10 spreads the endothermic solution throughout the enclosure. Spreading the endothermic solution throughout the enclosure produces a uniform cooling temperature throughout the cold pack.